

## ***AVOID 7 PORTION CONTROL MISTAKES***

*With all the concern about obesity in the US, we need to focus upon how MUCH we eat as well as WHAT we eat. Here are some tips.*

- 1. BEVERAGES** – Most people need 2-4 or more quarts of water per day. If the water is part of soda or other beverages with sugar and or fat calories, there is the potential for many calories not associated with satiety. ***Water is the best choice!***
- 2. CRACKERS AND CHIPS** – These are very easy to grab and eat on the go. But they are calorie dense. A serving size of just an ounce (about one handful) is very small. ***Make sure you have fruits and vegetables for grab and go snacks, too.***
- 3. BAKED GOODS** – Most baked goods look normal when they are actually huge sizes. Cookies or cake for sale in most bakeries are upwards of 500 calories. ***An apple is just 80 calories.***
- 4. FRIED FOOD** – Frying food doubles the calories of just about any food versus eating it plain. ***Choose foods that are grilled, poached, baked or roasted.***
- 5. PIZZA** – Eating pizza until full can lead to 2 or 3 times the amount you should eat. ***Remember to go light on the cheese and start out with a large salad first.***
- 6. SALAD** – Many people get into trouble with salad two ways. First they load up on high fat ingredients like mayonnaise-laden dressings, cheese, croutons or bacon. Second, they tend to eat too little salad - if low in fat it would help displace higher fat/calorie foods. ***Eat more salad but make it low in fat.***
- 7. MEAT** – Cuts of meat from a store or restaurant are often bigger than a 3 ounce serving. ***Make sure your portion of meat, chicken, or fish fills just one fourth of the plate.***